

Grief 101: Understanding the Grief Landscape

Remember:

- Every grief journey is unique
- **NEVER** compare grief experiences/reactions
- All grief is experienced at 100%
- All grief is valid
- Grief is **NOT** a life sentence
- You will always have your loss, but it does not have to dictate your life

Grief is:



- Normal & natural
- Conflicting feelings around a change/end of any familiar behaviors
- Cumulative & negatively cumulative
- Grief is a non-linear journey

40+ Types of loss:

- Death
- Divorce
- Miscarriage
- Infertility
- Pet Loss
- Empty Nest
- Change in Routine
- Financial Changes
- Job Loss/Change
- Retirement
- Loss of Health
- Loss of Mobility
- Loss of Trust
- Loss of Religious Faith
- Loss of Innocence